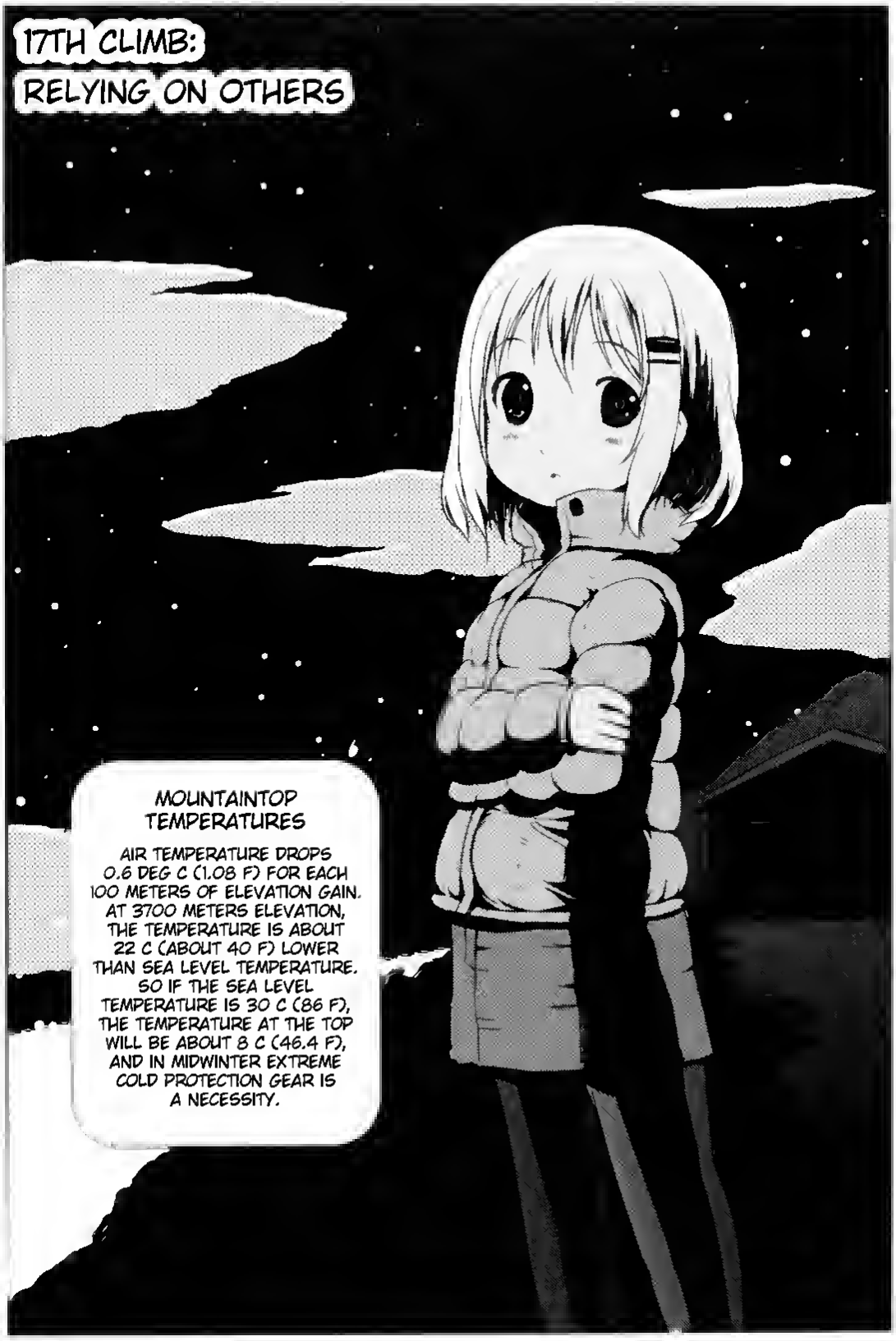
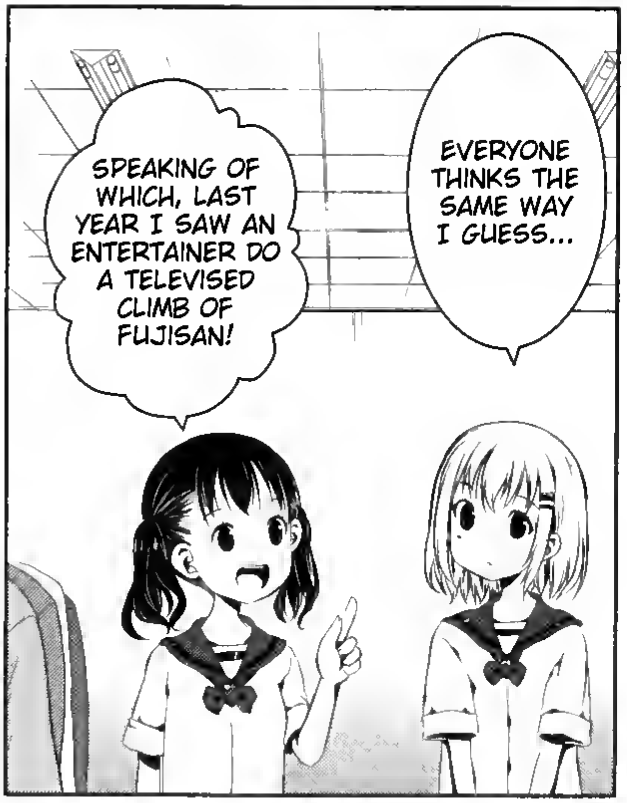
THE EQUIPMENT YOU ABSOLUTELY NEED IS A HEADLAMP AND COLD WEATHER GEAR
ALSO, A DOWN JACKET IS LIGHT AND WARM, I RECOMMEND YOU GET ONE- IT'S USEFUL IN WINTER TOO
WELL,
WE SHOULD CHECK OUT THE CLIMBING SHOP, RIGHT?
FUJI-SAN, HUH?
通話終了
A HEADLAMP,
AND A WARM JACKET...
GOOD LUCK! SEE YA!
FUJISAN IS COLD EVEN IN SUMMER!
I- IS IT THAT COLD?

17TH CLIMB:
RELYING ON OTHERS


MOUNTAINTOP TEMPERATURES
AIR TEMPERATURE DROPS 0.6 DEG C (1.08 F) FOR EACH 100 METERS OF ELEVATION GAIN. AT 3700 METERS ELEVATION, THE TEMPERATURE IS ABOUT 22 C (ABOUT 40 F) LOWER THAN SEA LEVEL TEMPERATURE. SO IF THE SEA LEVEL TEMPERATURE IS 30 C (86 F), THE TEMPERATURE AT THE TOP WILL BE ABOUT 8 C (46.4 F), AND IN MIDWINTER EXTREME COLD PROTECTION GEAR IS A NECESSITY.



YOU CAN FIND BROCHURES WITH EQUIPMENT LISTS AT CLIMBING STORES.

- GENERALLY TAKES AA OR AAA BATTERIES.
- 10 TO 50 HOURS OF BATTERY LIFE (DON'T FORGET TO BRING SPARES).
- HEADBANDS ARE NON-SLIP ELASTIC AND COME IN A VARIETY OF COLORS.

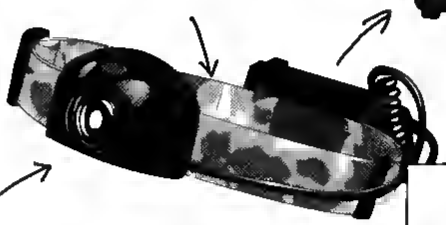
THEY HAVE A FEW TYPES...

LUMENS IS HOW BRIGHT IT IS,

HIGHER IS BRIGHTER,

BUT, BRIGHTER MEANS A SHORTER BATTERY LIFE...

- SOME ALSO HAVE A TAILLAMP ON THE BATTERY CASE!



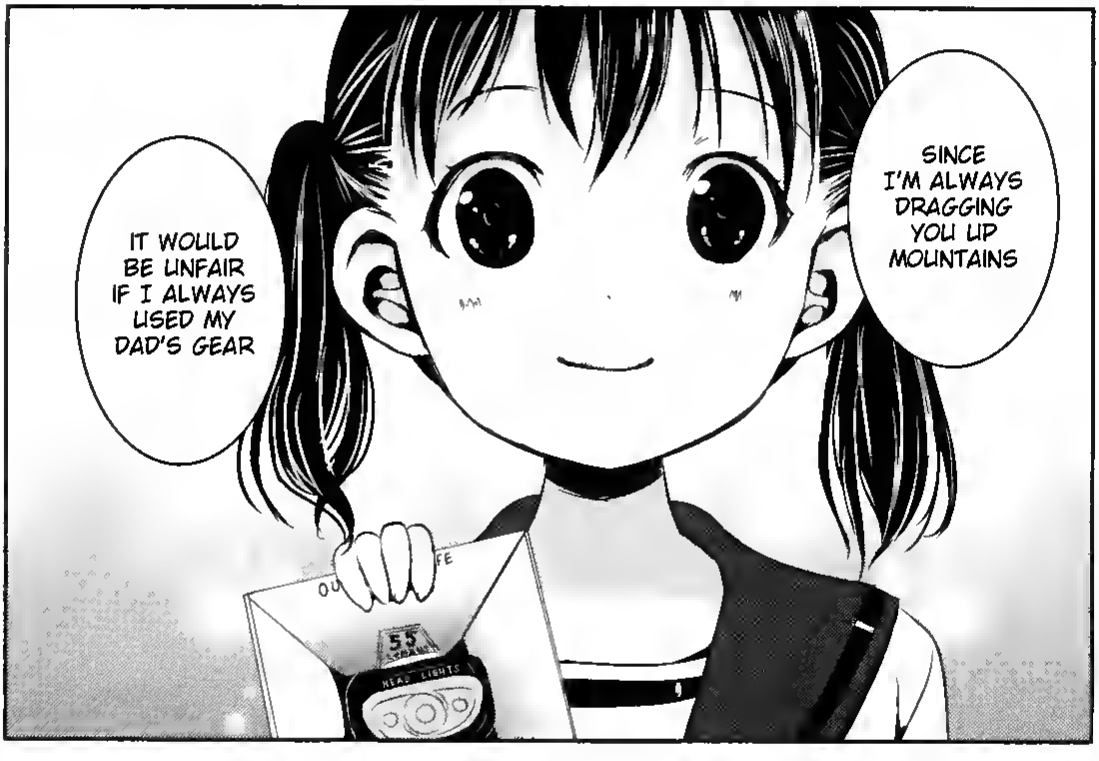
BRIGHTNESS IS AROUND 35-200 LUMENS OR MORE (DEPENDING ON MODE).

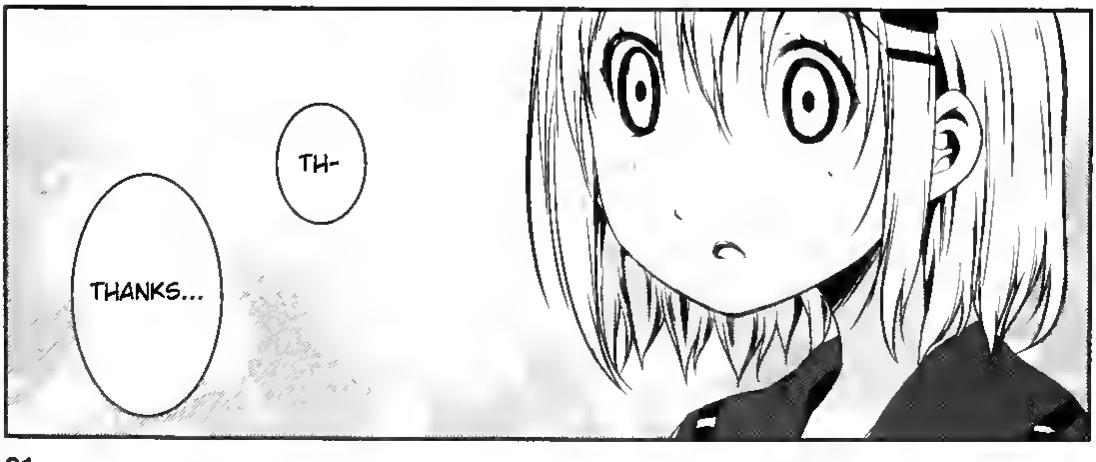
- THE BRIGHTER ONES TEND TO BE HEAVIER, BUT STILL AREN'T MUCH OF A BURDEN!

HEADLAMP

A REQUIRED ITEM FOR NIGHT CLIMBING. ALSO USEFUL TO CARRY FOR THE OFF CHANCE THAT YOU ARE CAUGHT OFF GUARD BY NIGHTFALL, OR NEED TO CHANGE YOUR PLANS AND WALK THROUGH THE DARK.

常備食
NAH-
HUH?
COULDN'T YOU JUST BORROW ONE OF YOUR DAD'S?
富士山へ

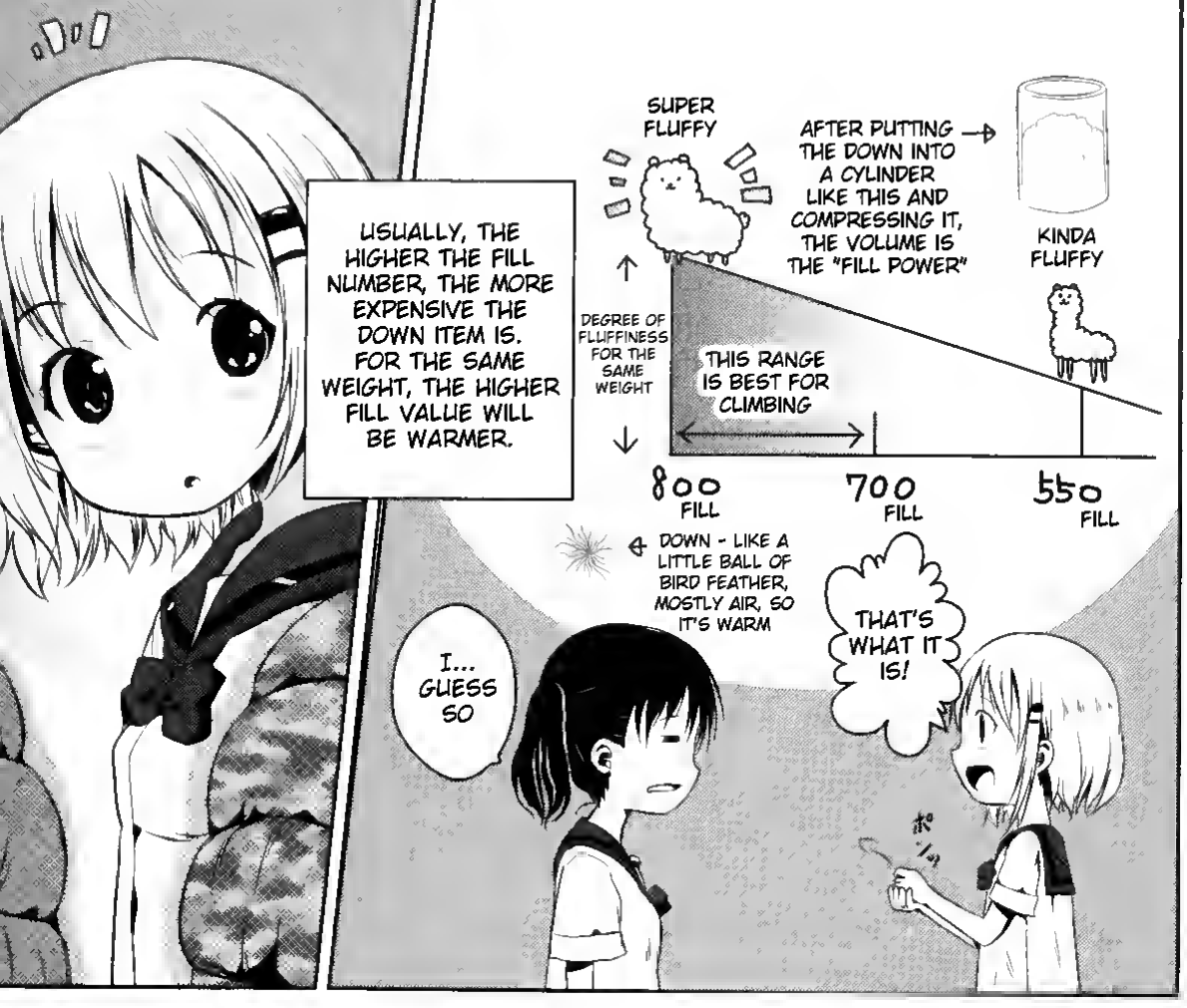

IT WOULD BE UNFAIR IF I ALWAYS USED MY DAD'S GEAR
SINCE I'M ALWAYS DRAGGING YOU UP MOUNTAINS


TH-
THANKS...

防寒着コー
KAEDE-SAN SAID DOWN IS BEST, BUT...
AH, OK
JACKETS NEXT?

COLD WEATHER GEAR
COMPACTIBLE DOWN JACKETS ARE MOST COMMON, BUT INEXPENSIVE SYNTHETIC FILL JACKETS ARE ALSO AVAILABLE.
SO THIS IS DOWN?

HMMM...
"THE HIGHER THE NUMBER, THE BETTER AT PRESERVING WARMTH", HUH?
"FILL POWER"?
MOUNTAIN GEAR USUALLY HAS SEVERAL TAGS


USUALLY, THE HIGHER THE FILL NUMBER, THE MORE EXPENSIVE THE DOWN ITEM IS. FOR THE SAME WEIGHT, THE HIGHER FILL VALUE WILL BE WARMER.
SUPER FLUFFY
AFTER PUTTING THE DOWN INTO A CYLINDER LIKE THIS AND COMPRESSING IT, THE VOLUME IS THE "FILL POWER"
KINDA FLUFFY
DEGREE OF FLUFFINESS FOR THE SAME WEIGHT
THIS RANGE IS BEST FOR CLIMBING
800 FILL
700 FILL
550 FILL
DOWN - LIKE A LITTLE BALL OF BIRD FEATHER, MOSTLY AIR, SO IT'S WARM
I... GUESS SO
THAT'S WHAT IT IS!

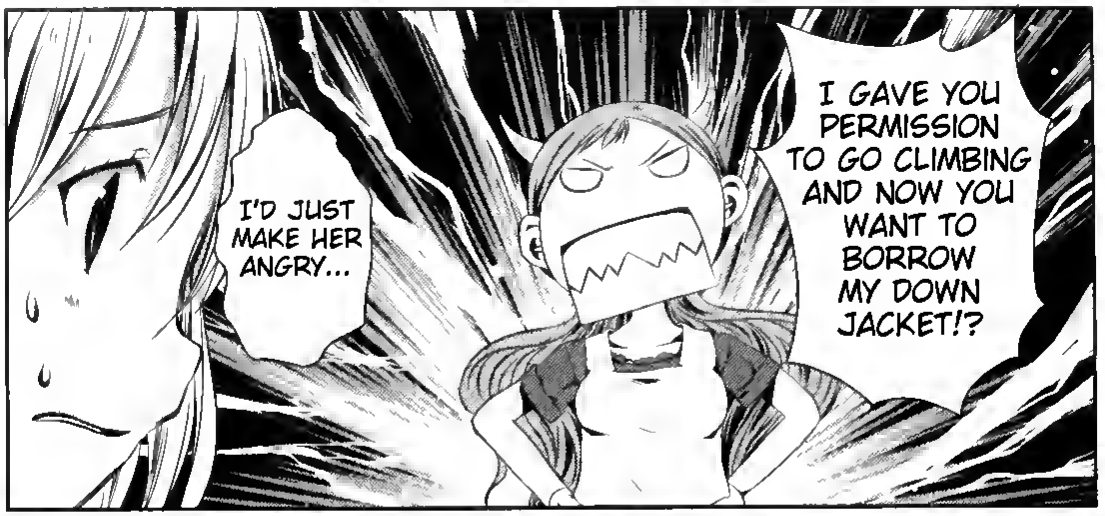
AOI, THAT...

I WANT THIS ONE!
THIS IS CUTE!

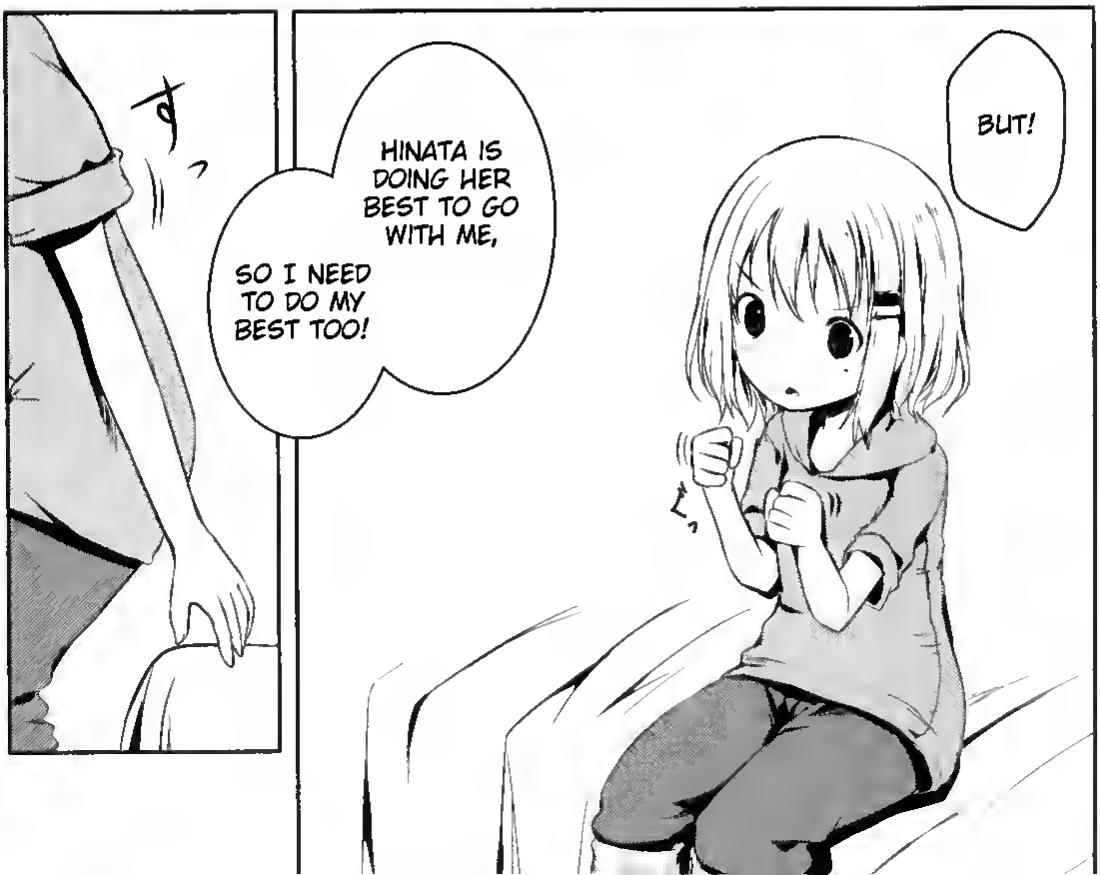
AH!

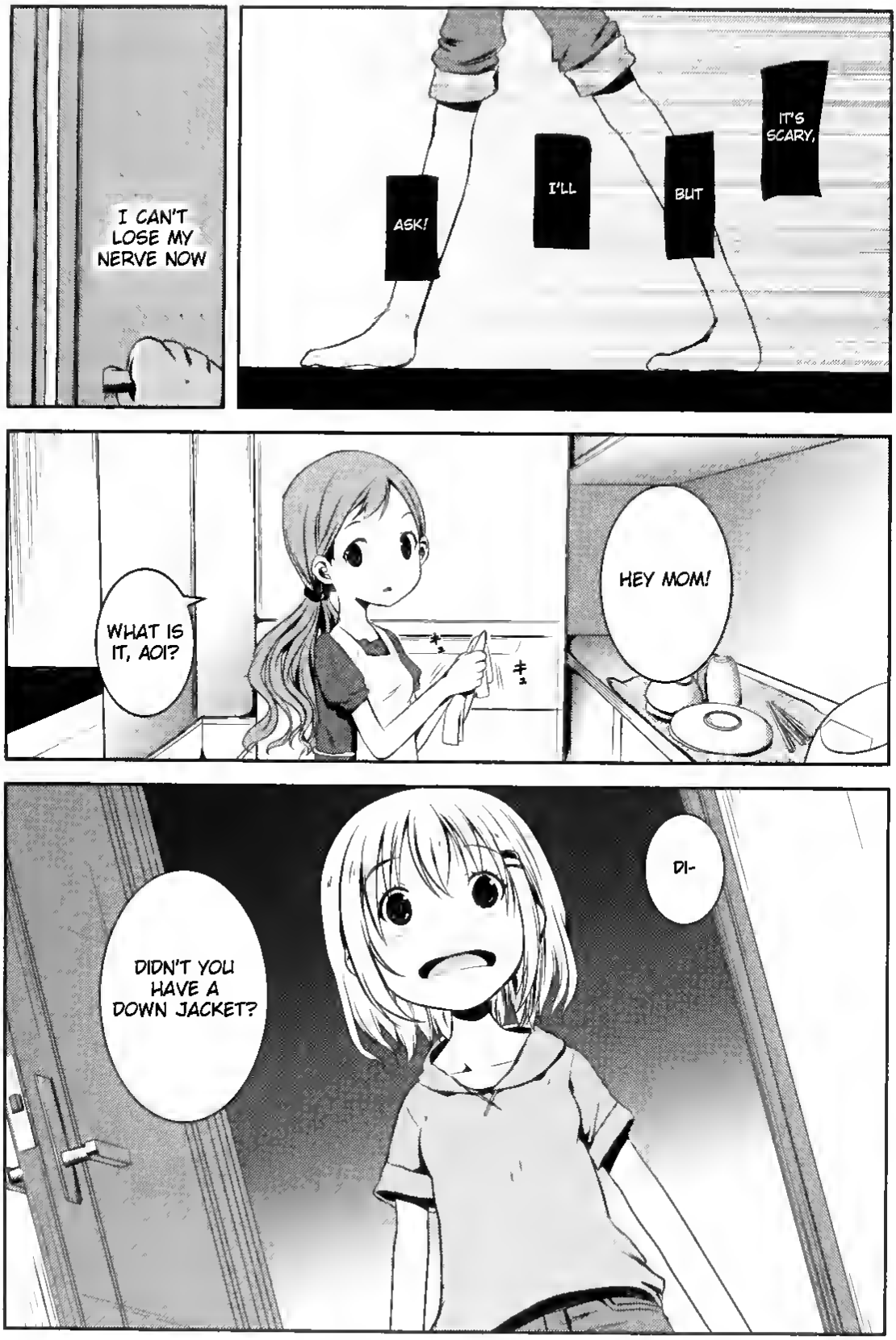
?!!
...
??
WHAT?
DOWN PRODUCTS ARE VERY EXPENSIVE. IF THE LIST PRICE IS TOO MUCH, TRY TO WAIT FOR A SALE!
大特価
¥39,800-
THIR... THIRTY NINE THOUSAND YEN!?
WHAT SHOULD I DO?
I CAN'T AFFORD ANY OF THESE...
HUH?
SIXTY THOUSAND!?
THIS IS THIRTY THOUSAND,

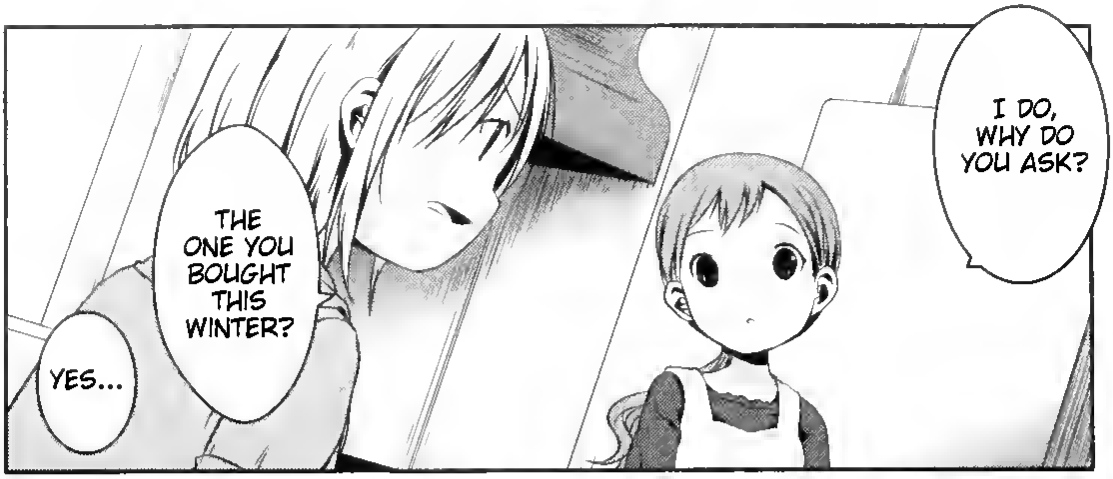
THE COAT I HAVE IS SOFT, BUT SO BULKY...
THEY'RE ALL SO EXPENSIVE
EVEN AFTER LOOKING AROUND
AT THE START OF THE YEAR
LOOK AOI!
I BOUGHT A DOWN JACKET AT UNI*LO!
ALTHOUGH HEAVIER THAN GEAR MADE SPECIFICALLY FOR MOUNTAIN CLIMBING, DOWN JACKETS ARE SOLD AT ORDINARY STORES AS WELL.
UFUFU
WOW, SO FLUFFY! SHE LOOKS SO HAPPY!
MY MOM HAS ONE!
BUT...
THERE MUST BE
A WAY
!!


I'D JUST MAKE HER ANGRY...
I GAVE YOU PERMISSION TO GO CLIMBING AND NOW YOU WANT TO BORROW MY DOWN JACKET!?

SCARY...
UGH


HINATA IS DOING HER BEST TO GO WITH ME,
SO I NEED TO DO MY BEST TOO!
BUT!


I CAN'T LOSE MY NERVE NOW
ASK!
I'LL
BUT
IT'S SCARY,
HEY MOM!
WHAT IS IT, AOI?
DI-
DIDN'T YOU HAVE A DOWN JACKET?

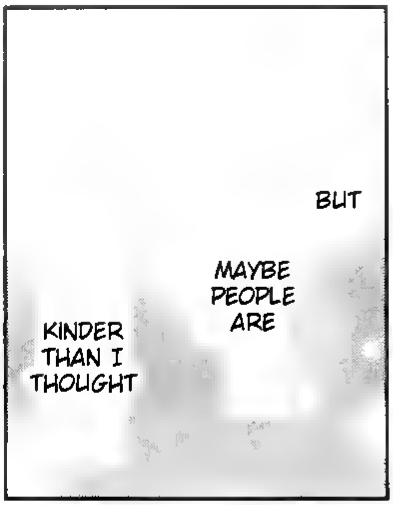

I DO, WHY DO YOU ASK?
THE ONE YOU BOUGHT THIS WINTER?
YES...

UM, WELL...

THAT'S FINE,
LET ME GO GET IT-
WHA?
クルッ
キョン キョン

I THOUGHT I MIGHT WANT TO BORROW IT TO WEAR WHEN I CLIMB FUJISAN...

AOI?
Y-YES?
WILL THIS BE OK?
THANKS, MOM-
I'M YOUR MOTHER, SO I WORRY ABOUT YOU,
BUT YOU CAN'T BLAME ME FOR THAT, RIGHT?
I WANT YOU TO KNOW THAT
YOU CAN RELY ON ME, OK?


BUT
MAYBE PEOPLE ARE
KINDER THAN I THOUGHT

UP UNTIL NOW, I'VE ALWAYS BEEN GOOD AT GETTING ALONG BY MYSELF
NOT MAKING ANYONE ANGRY, NOT MAKING WAVES

I'LL GIVE IT MY ALL...

SO, I'LL DO MY PART AS WELL

MIGHT NOT BE SUCH A BAD THING
AND RELYING ON THEM MORE

2 COLD SUMMITS AND GEAR

ONE OF THE DIFFICULT THINGS ABOUT CLIMBING FUJISAN TO SEE THE SUNRISE IS THE COLD.

FOR EVERY 100 METERS ELEVATION GAIN, THE TEMPERATURE DROPS 0.6 DEGREES C, SO WHILE MOUNTAINTOPS CAN BE A COMFORTABLE LOCATION FOR A SUMMER GETAWAY, THEY ALSO BECOME HARSH ENVIRONMENTS. EVEN IN MIDSUMMER THE TEMPERATURE CAN REACH BELOW FREEZING, AND AT NIGHT OF COURSE THERE IS NO WARMTH FROM SUNLIGHT. THE WINDS CAN BE SO STRONG AS TO SWEEP AWAY ALMOST ANYTHING.

AT THE POINT WHERE BUSES DROP YOU OFF AT THE FUJISAN TRAILHEAD, EVEN BEFORE NOON THE TEMPERATURE CAN REACH 30 C (86 F), AND WHEN YOU'RE SWEATING YOU WON'T THINK THAT IT COULD BE COLD, BUT AT NIGHT THE TEMPERATURES QUICKLY REACH THE FREEZING POINT. FROM THE TRAILHEAD, THERE ARE STILL MORE THAN 1000 METERS OF CLIMBING AHEAD OF YOU. FROM HERE ON YOU SHOULD BE THINKING ABOUT THE COLD AHEAD, AND YOU WILL NEED TO TAKE COUNTERMEASURES IN ADVANCE TO STAY WARM. WHILE MOVING YOU'LL ABSOLUTELY NEED A WINDBREAKER ON TOP, AND YOU SHOULD HAVE LONG PANTS MADE WITH MOISTURE WICKING FABRIC FOR THIS CHALLENGE.

WHILE IN MOTION, YOU CAN GET UNEXPECTEDLY WARM. THE SWEAT THAT ACCUMULATES, THOUGH, WILL LATER ON HAVE QUITE THE OPPOSITE EFFECT. HAVING THE PROPER CLOTHING WILL HELP TO REGULATE YOUR BODY TEMPERATURE WHILE YOU CLIMB. STILL, WHEN NOT MOVING YOUR BODY TEMPERATURE CAN QUICKLY DROP, SO A DOWN JACKET OR A FLEECE IS NECESSARY TO PROTECT YOU FROM THE COLD.

NOWADAYS A DOWN JACKET MAY BE A FASHIONABLE ITEM OF CLOTHING, BUT IT HAS BEEN USED AS AN OUTDOOR ITEM FOR A LONG TIME. DOWN IS THE PERFECT MATERIAL FOR CLIMBING USE, AS IT'S LIGHTWEIGHT AND VERY COMPACTIBLE FOR EASY STORAGE. A THIN SHELL WITH DOWN IN THE LINING CAN BE USED, AND A THICKER DOWN JACKET CAN BE UP TO TWICE AS EFFECTIVE AT PRESERVING BODY HEAT AS AN NON-DOWN JACKET OF THE SAME WEIGHT. DOWN DOES HAVE THE DISADVANTAGE OF EASILY TRAPPING MOISTURE UNDERNEATH IT, THOUGH, SO YOU SHOULD BE CAREFUL NOT TO OVERHEAT.

DOWN IS ALSO DIFFICULT TO WASH. WHEN THE DOWN FIBERS BECOME WET OR ARE CRUSHED, IT'S ABILITY TO MAINTAIN WARMTH DROPS DRASTICALLY. FLEECE IS MUCH EASIER THAN DOWN TO MAINTAIN, ALTHOUGH IT IS INFERIOR TO DOWN IN WARMTH AND WEIGHT. BECAUSE FLEECE IS GENERALLY NOT WINDPROOF, IT HAS A NUMBER OF DISADVANTAGES. FLEECE DOESN'T SUFFER FROM THE SAME PROBLEMS WITH MOISTURE THOUGH, SO YOU'LL NEED TO CHOOSE FOR YOURSELF WHICH WILL BE MORE APPROPRIATE FOR THE CLIMBING YOU'LL DO.

ヤマノススメ

Encouragement of Climb.